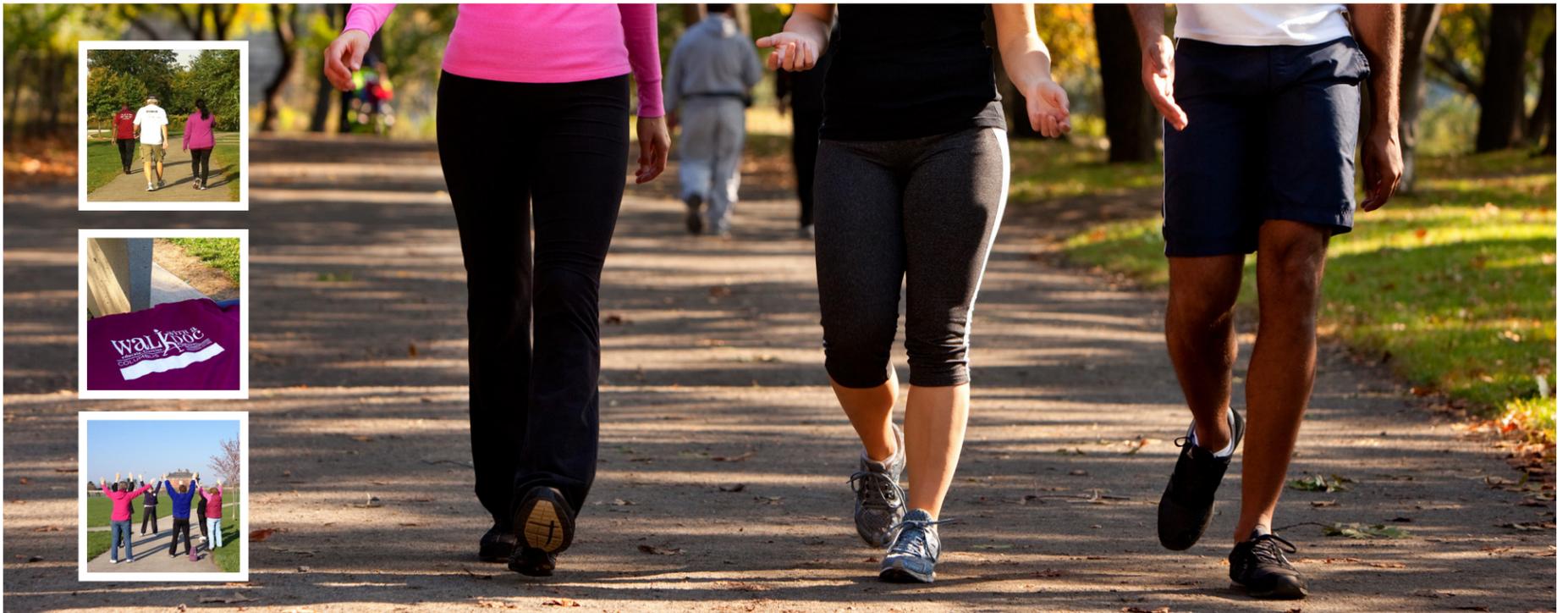


walk™ with a DOC

educate. exercise. empower.

COLUMBUS NEIGHBORHOOD WALKING CLUBS



NORTH SIDE

TAKE A STEP TO A HEALTHIER YOU!

Take steps to a healthier you with Walk with a Doc. Every other Saturday we will host an hour-long morning walk led by a physician from Mount Carmel Health System. Walkers can come and walk for as little or as long as they like and all can enjoy refreshments and walking incentives at each walk.

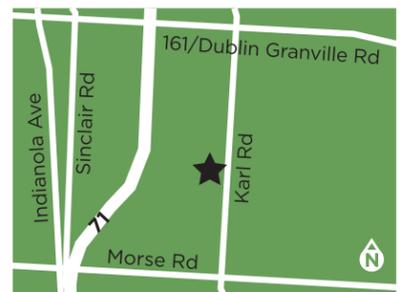
Visit www.walkwithadoc.org or call 614-645-1260 for more information.

NORTH SIDE SCHEDULE - 2015

Where: Woodward Park and Community Center, 5147 Karl Road, meet at front picnic tables*

When: 1st and 3rd Saturday

April 4	August 1
April 18	August 15
May 2	September 5
May 16	September 19
June 6	October 3
June 20	October 17
July 18	November 7



MOUNT CARMEL'S MOBILE MEDICAL COACH**

An urgent care center on wheels providing healthcare and screenings, while connecting patients to long-term care.



*Walks are held in the community center gym during bad weather.

**Mount Carmel's Mobile Medical Coach will provide services at one walk on the North Side in 2015; date to be determined.

1/20/2015